



Proudly Serving the Community Since 2005

Patient Newsletter

February 2019

Dementia Awareness Education Series

The Wake Forest Renaissance Centre is hosting several upcoming events designed to educate area residents about Alzheimer's disease and related dementias. Each event is designed to offer local families the opportunity to learn about dozens of dementia-related programs, services, products, and resources - all in one location.

The Renaissance Centre is presenting these sessions in collaboration with the Alzheimer's Association Eastern NC Chapter and Wake Forest SING as part of our commitment towards being a dementia-friendly community.

Pre-Registration is Required

Each workshop is free, but anyone planning to attend must [pre-register online](#).

Know Before You Go

Each session will feature a different speaker and include professional vendors that specialize in providing assistance to family members of people with dementia.

- Presented by the Alzheimer's Association of Eastern North Carolina and the Senior Information & Networking Group (SING) of Wake Forest, these workshops are designed to offer local families the opportunity to learn about dozens of programs, services, products and resources - all in one location.
- For more information, contact the Wake Forest Renaissance Centre at 919-435-9458 or visit <https://www.wakeforestrecen.org/education/dementia-awareness-education>

2019 Education Series

Understanding Alzheimer's & Dementia

Thursday, Feb. 28; 9-11 am

Alzheimer's disease is not a normal part of aging. Join us to learn about the impact of Alzheimer's; the difference between Alzheimer's and dementia; stages and risk factors; current research and treatments available for some symptoms; and Alzheimer's Association resources. [Pre-register](#)

Effective Communication Strategies

Thursday, April 25; 9-11 am

Join us to explore how communication takes place when someone has Alzheimer's, learn to decode the verbal and behavioral messages delivered by someone with dementia, and identify strategies to help you connect and communicate at each stage of the disease. The Effective Communication Strategies program of the Alzheimer's Association was designed to provide practical information and resources to help dementia caregivers learn to decode verbal and behavioral messages from people with dementia. [Pre-register](#)

Continued on back

Healthy Living For Your Brain & Body

Thursday, June 27; 9-11:30 am

We have always known that the health of the brain and the body are connected. Now, science is able to provide insights into how to optimize our physical and cognitive health as we age. Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement and how to incorporate these into a plan for healthy aging. This session will have an extended time to visit with professionals who will share healthy living information and demonstrations on cooking, exercise, emotional well-being, healing arts and more. [Pre-register](#)

Evening Caregiver Workshops

Presented by Pat Snyder, Teacher for Wake Forest Dementia Caregiver Class, and LBDA Lewy Buddy. [Pre-registration](#) required due to limited seating.

Choose Your Attitude for the Dementia Journey

Thursday, March 21; 5:30-7 pm

When someone you love gets a diagnosis of any kind of dementia, you have a choice. What kind of journey do you want your loved one and yourself to take? This talk is about your experience of the disease and how to make that much better. [Pre-register](#)

Identifying the Enemy

Thursday, May 23; 5:30-7 pm

Caregivers can get so caught up in the details of caregiving that they lose sight of what is really dangerous to them---stress, guilt, and worry. This presentation looks at identifying these and responding appropriately to them. A healthier and gentler dementia journey for patient and caregiver will result. [Pre-register](#)

Memory Cafe Musical Performances

Sunday, July 28; 2-4 pm

Sunday, Oct. 20; 2-4 pm

Special opportunities for persons diagnosed with early stage memory loss and their care partner(s)/family to engage with peers in a relaxed, unstructured environment to enjoy some musical entertainment. The café atmosphere promotes social engagement and support through interaction with others experiencing similar lifestyle changes.

Hear What Our Patients Are Saying ...

"The staff at Wake Audiology provides excellent customer service. They are responsive to the patient's needs and provide a very friendly atmosphere." JS

Thank You ...

We Appreciate Your Referrals

Referring your friends and family is the highest compliment you can pay us. As a thank you for referring new hearing aid patients, we will make a contribution to a charity of your choice.

Thank you for choosing Wake Audiology as your hearing care provider.

Sincerely,

Dr. Catherine Marquis, Carol and Sandy